







To A Healthier You

January
2007

Sunday	Monday ¹	Tuesday ²	Wednesday ³	Thursday ⁴	Friday ⁵	Saturday ⁶
	Start today and step forward to a healthier lifestyle: Move More -- Eat Better -- Don't Smoke. Even small changes can lead to big health rewards.	Start the month right: Eat a red grapefruit regularly for breakfast and lower your cholesterol by as much as 15%. 	You can decrease road rage with a cup of peppermint tea, which can decrease frustration when inhaled.	Floss your teeth tonight. Flossing four to six times a week can add about three years to your life.	Don't be afraid to be silly and share a joke or two with those around you. Laughter is some of the best medicine for stress.	Pack a handful of almonds for an afternoon snack to combat heart disease, and add protein, fiber, calcium and iron to your diet.
⁷ Switch from green to red. Red bell peppers have three times more vitamin C than green and are a great source of beta carotene. 	⁸ Leave a few bites on your plate. Research shows that reducing your caloric intake by 20% has impressive anti-aging benefits.	⁹ Go for garlic to help lower your cholesterol.	¹⁰ Insoluble fiber in the skins of fruits and vegetables such as apples and green beans aids digestion.	¹¹ Instead of pasta or potatoes, eat a chicken breast. Subbing protein leads to slimmer middles, new research finds.	¹² Another benefit of protein: Shifting as little as 10% of your calories away from carbs, and to protein can lower blood pressure.	¹³ Listen to a favorite song. It can provide drug-free help for stress and aches and pains. 
¹⁴ Go ahead, enjoy a cup: Coffee is the # 1 source of antioxidants in the U.S. diet.	¹⁵ Make time for two 15-minute walks. Short periods of exercise throughout the day may be better for your heart than one long workout.	¹⁶ Schedule a regular time throughout the week for your family to do a physical activity. 	¹⁷ Before you brush your teeth this morning, weigh yourself. Your true weight is your morning weight, before food and liquid inflate the number.	¹⁸ Boost your spirits with trout or salmon. Their omega-3 fatty acids may alleviate mild to moderate depression.	¹⁹ Intimate, but not sexual, touching releases oxytocin, the hormone associated with emotional closeness.	²⁰ At bedtime, try slow, deep breathing, counting to 10 as you inhale and again as you exhale. Ten to fifteen minutes of this breathing daily can restore balance in your nervous system.
²¹ Don't forget to try some lemon balm tea. Steep 3 teaspoons in 3 cups of hot water. It can improve your memory!	²² Reward and acknowledge your efforts. 	²³ Turn your bedside clock away from you to sleep better. If you can't sleep, the constant reminder that you're running out of hours can make it harder.	²⁴ Improve your social life: The best place to stand if you want to be seen at a party is the center of the room or the corner of the bar.	²⁵ If your job is a pain in the neck, add an arm board to your desk. Try flat foam or silicone support in front of your keyboard to reduce upper-body pain.	²⁶ To help reverse the effects of skin damage, use four key items on a daily basis: sunscreen, an exfoliant, an antioxidant and retinol.	²⁷ "Pack your own" nutritious snacks, drinks and meals for family outings. 
²⁸ Get off the couch and change the TV channel manually -or better yet, turn it off!	²⁹ Eat a piece of dark chocolate. Recent studies show that it contains chemicals that fight tooth plaque buildup.	³⁰ Start a log of daily fitness activities and help everyone find something active that makes them feel successful.	³¹ Stock some yogurt in the fridge. Live cultures in yogurt help soothe an upset stomach and also may reduce the risk of colon cancer. 